

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
| <p><u>NEW CLASS</u></p> <ul style="list-style-type: none"> Take Action! Techniques - Fridays 9:30am <p><u>SOCIAL</u></p> <ul style="list-style-type: none"> Karaoke Time (bring your voice with you), Congress Heights Family Success Center (2nd) Sandra Johnson Trio Concert (23rd) Ladies, Let's Tell It All! (24th) <p><u>DATES TO REMEMBER</u></p> <ul style="list-style-type: none"> National Black Women in Jazz & the Arts Day (1st) National Nutrition Month National Black Women History Month | | <p>1</p> <p>10:30 ASSEMBLY MEETING</p>  <p>11:30 Movie Time (in Cinema Room) BYL-Bring your lunch</p>  <p>12:30 Spiritual Studies</p> <p>1:00 Zumba</p>  <p>2:00 Tai Chi</p> | <p>2</p> <p>9:00 Tight Body </p> <p>10:00 Line Dancing</p> <p>11:00 Arts & Crafts</p> <p>12:30 Pokeno</p> <p>1:00 SOCIAL-Karaoke - Time (bring your voice with you), Congress Heights Family Success Center</p> <p>2:00 PRESENTATION-How To Protect Your Home w/o Additional Cost, Maurice Marshall, Metro Adjustors</p> | <p>3</p> <p>9:30 Take Action! Techniques (NEW) </p> <p>11:00 DC State Chess Fed.</p>  <p>12:30 NEW MEMBERS' MOMENTS</p> <p>1:00 Fit & Strong </p> |
| <p>6</p> <p>9:30 Tai Chi </p> <p>9:30 Spiritual Studies</p> <p>10:00 Enhance Wholeness Lifestyle</p> <p>10:30 Ole Skool Dancing </p> <p>11:30 Just Rock - Piano</p> <p>12:30 Pokeno </p> <p>1:00 Fit & Strong </p> | <p>7 TRIP-Tanger Outlet/National Harbor 11am</p> <p>9:00 Active Living Day</p> <p>10:00 NUTRITION Atoms Apple with Dr. Amy</p> <p>11:00 Blood Pressure </p> <p>11:00 DC State Chess Fed.</p> <p>12:30 Chair Yoga </p> <p>2:00 Line Dancing</p> <p>3:00 Sibley Club Memory </p> | <p>8</p> <p>9:30 CHSWC Social Media </p> <p>10:30 Pilates</p> <p>11:30 Movie Time (in Cinema Room) BYL-Bring your lunch</p> <p>12:30 Spiritual Studies</p> <p>1:00 Zumba</p> <p>2:00 Tai Chi </p> | <p>9</p> <p>9:00 Tight Body </p> <p>9:00 Intro to Spanish with Senora Chelsea </p> <p>10:00 Line Dancing</p> <p>12:30 Pokeno</p> <p>1:00 Active Living Every Day</p> <p>2:00 NUTRITION - Atoms Apple with Dr. Amy </p> | <p>10</p> <p>9:30 Take Action! Techniques (NEW) </p> <p>10:30 FOOD DEMO with Dr. Amy </p> <p>11:00 DC State Chess Fed.</p>  <p>1:00 Fit & Strong </p> |
| <p>13</p> <p>9:30 Tai Chi </p> <p>9:30 Spiritual Studies</p> <p>10:30 Ole Skool Dancing</p> <p>10:30 Clouds & Apps </p> <p>11:30 Just Rock - Piano</p> <p>12:30 Pokeno </p> <p>1:00 Fit & Strong</p> <p>2:30 COMMUNITY NEWS</p> | <p>14 Trip-Senior Fun Day Out, Party HQ, Bowie 12:15pm</p> <p>9:00 Active Living Every Day </p> <p>10:00 NUTRITION -Atoms Apple with Dr. Amy</p> <p>11:00 Blood Pressure </p> <p>11:00 DC State Chess Fed.</p> <p>12:30 Chair Yoga </p> <p>2:00 Line Dancing</p> <p>3:00 Sibley Club Memory </p> | <p>15</p> <p>9:00 PRESENTATION--Healthy Shopping, Edenbridge</p> <p>10:00 CHSWC Advisory Board Meeting</p> <p>10:30 Pilates</p> <p>11:30 Movie Time (in Cinema Room) BYL-Bring your lunch</p> <p>12:30 Spiritual Studies</p> <p>12:30 PRESENTATION-Understanding Your Mental Benefits: Access & Equality for Seniors, Idriys Abdullah, DISB</p> <p>1:30 Zumba</p> <p>2:30 Tai Chi </p> | <p>16</p> <p>9:00 Tight Body </p> <p>9:00 Intro to Spanish with Senora Chelsea</p> <p>10:00 Line Dancing </p> <p>11:00 Arts & Crafts</p> <p>12:30 Pokeno</p> <p>1:00 Active Living Every Day</p> <p>2:00 NUTRITION Atoms Apple with Dr. Amy </p> | <p>17</p> <p>9:30 Take Action! Techniques (NEW) </p> <p>10:00 PRESENTATION-Colorectal Cancer Prevention in the Neighborhood, Lynel McFadden, Medstar</p> <p>11:00 DC State Chess Fed.</p>  <p>1:00 Fit & Strong </p> |

| | | | | |
|--|--|---|---|--|
| <p>20 9:30 Tai Chi  9:30 Spiritual Studies  10:30 Ole Skool Dancing  11:30 Just Rock - Piano  12:30 Pokeno </p> | <p>21 TRIP-National Art Gallery 10am 9:00 Active Living Every Day 10:00 Nutrition - Atoms Apple with Dr. Amy  11:00 Blood Pressure 11:00 DC State Chess Fed. 12:30 Chair Yoga  2:00 Line Dancing 3:00 Sibley Club Memory</p> | <p>22 9:30 Virtual Technology  10:30 Pilates  11:30 Movie Time (in Cinema Room) BYL-Bring your lunch 12:30 Spiritual Studies 2:00 Tai Chi </p> | <p>23 9:00 Tight Body  9:00 Intro to Spanish with Senora Chelsea  10:00 Line Dancing 12:30 Pokeno 1:00 Active Living Every Day 2:00 SOCIAL-Sandra Johnson Trio Concert </p> | <p>24 9:30 Take Action! Techniques (NEW)  10:30 Food Demo with Chef Herb  11:00 DC State Chess Federation 12:30 SOCIAL - Ladies, Let's Tell It All! </p> |
| <p>27 9:30 Tai Chi  9:30 Spiritual Studies  10:30 Ole Skool Dancing  11:30 Just Rock - Piano 12:30 Pokeno  1:00 PRESENTATION-NARCAN, Michael Pryor, Dept of Behavioral Health</p> | <p>28 9:00 Active Living Every Day 10:00 Nutrition - Atoms Apple with Dr. Amy  11:00 Blood Pressure 11:00 DC State Chess Fed. 12:30 Chair Yoga 1:00 “Sewing Seeds” with Ace-Symmetric 1:30 Sibley Club Memory (In House)  2:00 Line Dancing</p> | <p>29 9:30 DACL PRESENTS-Dept of Transportation-Conversation re: ordering parking passes for caregivers, contractors, guest Wild Tech Senior iPad Grp 10:30 Pilates  11:30 Movie Time (Cinema Room) BYL-Bring your lunch 12:30 Spiritual Studies 1:00 Zumba  2:00 Tai Chi</p> | <p>30 9:00 Tight Body  10:00 Line Dancing 12:30 Pokeno 1:00 Active Living Every Day  2:00 NUTRITION Atoms Apple with Dr. Amy</p> | <p>31 TRIP-The Wiz Dansical, The ARC 10:45am 9:30 Take Action! Techniques (NEW)  11:00 DC State Chess Federation  1:00 The Gathering “YouTube Clips”</p> |

 **VIDEO/AUDIO CONFERENCE** 

- Zoom.us or download the Zoom app directly from Apple Store or Playstore
- Once download, click on “Join A Meeting”
- Enter Meeting ID 298-827-6610 **OR No video? Join the Zoom meeting by dialing (301)715-8592** and enter the Meeting ID code 298-827-6610 press #, for participant code press #. Note: mute or unmute press *6
- Some classes held in “Break-out Rooms”- Please click “join” to enter

CHSWC SOCIAL MEDIA

Check out

  @TheCHSWC
Tik Tok

  YouTube

CHSWC@heightsseniortv on: **Or** type in the search/browser box: CHSWC and #CHSWC

PRESENTATIONS

- How To Protect Your Home w/o Additional Cost, Maurice Marshall, Metro Adjustors (2nd)
- Healthy Shopping -Edenbridge (15th)
- Understanding Your Mental Benefits: Access & Equality for Seniors, Idriys Abdullah (15th)
- Colorectal Cancer Prevention in the Neighborhood, Lynel McFadden, Medstar (17th)
- NARCAN, Michael Pryor, Dept of Behavioral Health (27th)
- Dept of Transportation-Conversation re: ordering parking passes for caregivers, contractors, guest Wild Tech Senior iPad Grp (29th)

